



Don't Be Left Out in the Cold

Let Us Help You Quit & Keep You Warm this Winter

Temperatures are dropping, rain and snow are falling, and cold wind is blowing. If you're a smoker, you know how it feels to huddle outside on a winter's day trying to finish that cigarette. Our program can help you take back control.

When you enroll, a Quit Coach® will support you over the phone and an online community will support you on Web Coach® between calls. You may also be eligible to receive 8 weeks of free NRT which includes nicotine patches, gum or lozenges.

Don't be left out in the cold this winter. Enroll today.

1.800.QUIT.NOW | www.quitlineiowa.org
(1.800.784.8669)

